



Canadian Sathya Sai Newsletter



Guru Purnima

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Sri Sathya Sai Baba

Organization of Canada

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The Sri Sathya Sai Baba Organization of Canada is part of a worldwide spiritual movement to awaken in all people the awareness of their inherent divinity and to encourage the practice of the universal principles of Truth, Right Action, Peace, Love and Non-Violence through personal example and selfless service.

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*By what power of love the earth rotates
without an axle,*

*By what power of love the stars remain
in the sky without falling on the
ground,*

*By what power of love the oceans
confine to their limits without
submerging the earth,*

*By what power of love the wind god
blows cool breeze in all the worlds,*

*That mighty power of love is verify the
Atmic power.*

*That power of love is most wonderful,
infinite, unique and all pervasive.*

*The entire creation is saturated with
love.*

~Guru Purnima, Prashanthi Nilayam,

18 July 2008,

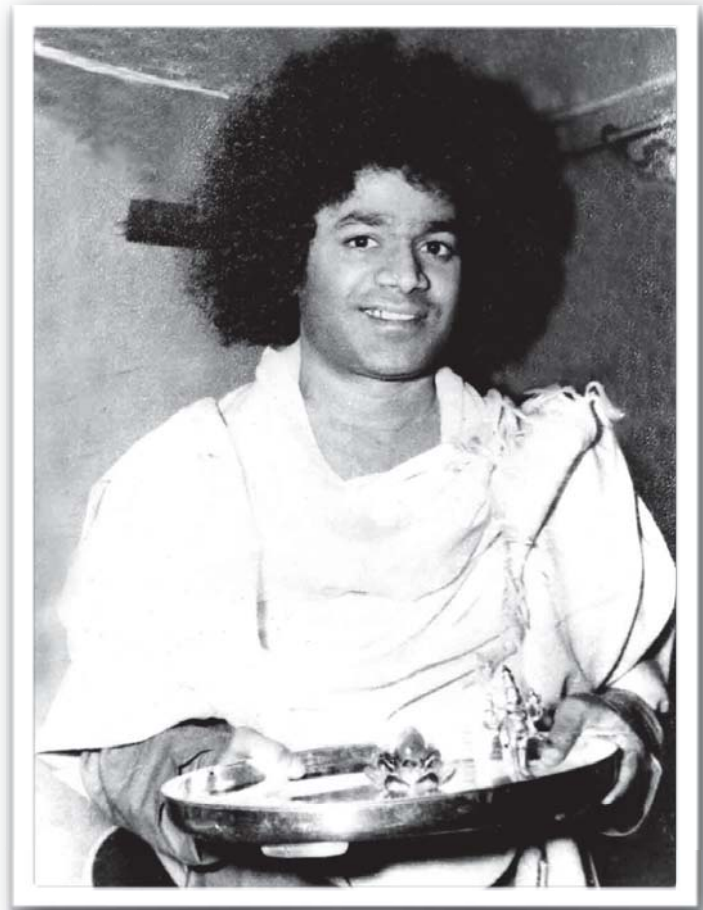
Sri Sathya Sai Baba

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GURU PURNIMA DISCOURSE

The 2013 Guru Purnima celebrations in Prasanthi Nilayam began with Veda chanting. Several eminent speakers from within India and the International Sathya Sai Organization then graced the devotees with inspiring talks. In this year's Canadian newsletter, we have chosen to print our Dear Lord Bhagawan Sri Sathya Sai Baba's first published discourse on Guru Purnima. A young Swami stressed the transformative power of prayer and delved deep into the significance of Guru Purnima for the blessed Sai devotees of Mysore City in 1961. The discourse is presented below in its entirety.



Be grateful to the doctors

Though I have been coming to this City for over twenty years now, this is the first time I am speaking to a gathering of the people living here. The time, the need and the deed have to coincide; and today they have. The Guru Poornima has provided all three and collected together in this sea of humanity the waters of many areas through many channels and tributaries. Mysore City has earned fame by its devotion to music, sculpture and other

fine arts. But there is an all finer than all these: the Art of Living. Many a person skilled in other fields is a failure in so far as this art is concerned. He lives miserably, without a trace of joy or contentment or peace. He knows only pain and he gives others only pain.

Mysore is also famous for the fragrance of its sandalwood. So far so good. But I would like the fragrance to emanate from your feelings and thoughts and deeds, not so much from

the trees that grow in the forests. Then only is the fame fully deserved. If the sense of beauty and the sense of harmony are not translated into the daily life of men and women and children, then that life is a waste, a burden, a hoax.

Man has to lift himself from the animal level through his own saadhana. There are three types of men: the Paashavi or the Animal type, the Sahaja or the Human type and the Divya or the Divine type. Man has evolved from the stone through plant and tree, worm and insect, bird and mammal; but some are still grovelling in the early stages though they have achieved the human form.

Everyone has some illness or other

Chief Minister Jatti said that you are all like boulders, rough and hard, and that bhakthi has the power to make you soft and smooth. Now, what does a sculptor do when he sees a good boulder? He pictures in his mind the lovely idol of God that is sleeping inside it. He becomes possessed with idea of liberating the idol from the hard clasp of the stone. He takes up his chisel and removes the extra stone that lies around the beautiful figure; at last, he liberates the image. The boulder has to suffer all that hard chiselling in order to become the Image of God; so too, you should

cast off all the impediments, all the encumbrances that drag you down and make you a boulder instead of a Bhaktha (devotee) and a Paramahansa (ascetic of the highest order), or even Paramaathma (the Supreme Being).

The world is a huge hospital and humanity is bedridden. Some are writhing in the pain of envy, some are bloated with pride, some are losing sleep through hate, some have become blind through miserliness, some are struck down by selfishness; every one has some illness or other. On this Guru Poornima Day, you have to render gratitude to the doctors who diagnose your diseases and prescribe remedies, and the nurses who tend you back to health. You should also resolve today to follow the treatment recommended and the regimen ordered; it is not enough if you learn the prescription by heart or read the label on the bottle three times a day; or visit the hospital every day. Praising the doctor or worshipping him might induce him to take pity on you, but your illness can be cured only by your taking the drug and obeying the restrictions on food and drink and on your habit.

While talking of doctors, I must also say that doctors who fight for the patient's purse or who try to grab a patient before a rival appropriates him,



are a danger to society. The doctor who despises other doctor, or sticks to his own patent cures irrespective of the experience of failure, or who is guided more by his whims, fancies and prejudices, or who considers the patient's caste rather

than his disease as more important; such men are also dangerous. Today, we find doctors and gurus who have deteriorated to the level of wrangling for patients and their purses, and for the sale of their own or other people's patent remedies.

Vyaasa is the greatest of spiritual doctors

This day is a day when mankind pays homage to the greatest of spiritual doctors, Sage Vyaasa. Vyaasa is the greatest of such doctor; for he put together the Vedhas and composed the Puraanas and the Mahaabhaaratha and gave humanity the Bhaagavatha. He is the primal Guru for all who walk in the Path of God. He planted the seed of theism and nurtured it, through Sruthi, Smrthi, Shaasthra and the Mahaabhaaratha. He gave the world the Geetha and the Brahma Suuthras, the

idea of the immanent Aathma, the story of the Divine Leela, the secret of this changeful Creation. He belonged to about 3800 B.C.; he was the great-grandson of the sage Vasishta, the son of Paraasara and the father of that celebrated gem among rishis, Suka. His life-story is a series of miracles, a Divine saga. He came from Vaasudeva, announced the Leela of Vaasudeva to all and finally, got merged in Vaasudeva. He established the era of Naamapaaraayana (repeating and discoursing, on Lord's Name) and made all aware of the sweetness of the Name of the Lord, which evokes His Form and His Grace.

The prayers to be offered daily

Vyaasa first revealed to man the secret of making the mind as clear and as full of cool rays as the moon on a full moon night; that is why this Pournami is associated with him and with all Gurus. Today every Aasthika (who believer in God) must refuse to be content with a feast and a lecture. He should try to plant today the Naamabija (seed of Lord's Name) in his well-prepared heart, devoid of the thorns of egoism; and water it with prema (love), fence the sprout with shraddha (faith), feed it with the fertiliser, smarana (remembering the Name); and from the grown-up tree of

the manthra (holy letters), pluck the fruit of aanandha (bliss) and relish the sweetness.

A person may boast of the vast treasures in the vaults of his bank, but he will get credit only for that which he has actually earned and deposited therein. Do not fritter away the time allotted to you; offer it to Keshava, who is Kaalaswaruupa (Time personified). Know that waking from sleep is but birth and going into sleep is death. On waking, pray every morning of your life, "Oh Lord, I am born now from the womb of sleep. I am determined to carry out all tasks this day as offerings to Thee, with Thee ever present before my mind's eye. Make my words, thoughts and deeds sacred and pure; let me not inflict pain on any one; let no one inflict pain on me; direct me, guide me, this day." And when you enter the portals of sleep at night, pray, "Oh Lord! the tasks of this day, whose burden I placed on you this morning, are over. It was You who made me walk and talk and think and act; I therefore place at Thy Feet all my words, thoughts and deeds. My task is done. Receive me, I am coming back to you." Adopt these as your daily prayers. The best thing is to have your own Self as the source of Light, as the Guru. The Inner Intelligence, the Inner Guru will reveal the Truth. This prayerful attitude

will so educate your impulses that the Inner intelligence will be fully revealed.

Do everything with a spirit of dedication

Begin with the cultivation of Prema. I have found that the people of Karnaataka have great faith and devotion; they are simple in their habits and thoughts. Do not allow these to decline; cultivate them with care. The Chief Minister said that all are children of the Lord. It is better to say that all are actors in the drama designed by Him; dolls dancing and acting as He pulls the

strings. The role you have might be that of an officer, a soldier, a ryot, a beggar or a clerk. Act well your part so that the drama might be a success. Do everything in a spirit of dedication, as if in each moment you act, speak and even feel in response to a command received. To get that mood of dedication, the Bhakthi Suuthras (aphorisms on devotion) prescribe nine paths but the easiest and the most practicable is Smarana---a life lived in the constant remembrance of the Lord.

A bar of iron sinks in water; but beat it into a hollow vessel and it will float merrily and even carry some weight. So too, man's mind sinks easily in the sea of sense; beat it hollow, hammering it with the Name of the Lord. It will float

safely, on a sea of troubles. Do not be like gramophone records singing some one else's song, ignorant of the genuine thrill of music. Sing from your own experience of the Glory and Grace of the Lord.

If you win the Grace of the Lord, even the decrees of destiny can be overcome. There are certain drugs which come in bottles on which the manufacturer has given an ultimate date beyond which the drug loses its efficacy. Of course, the drug will be in the bottle, but would no longer be effective. Similarly, Lord's Grace can make it inoperative.

The Guru is one who shows you the Path for getting that Grace and to such a one this day is dedicated.

Guru Poornima Mysore:, 27-7-1961

Prayer is a very forceful weapon, much more effective than any bomb. The word is an effective instrument: it can move mountains. In these critical times, every one of you should pray deeply and sincerely, for the peace and prosperity of Bhaaratha Maatha (Mother India).

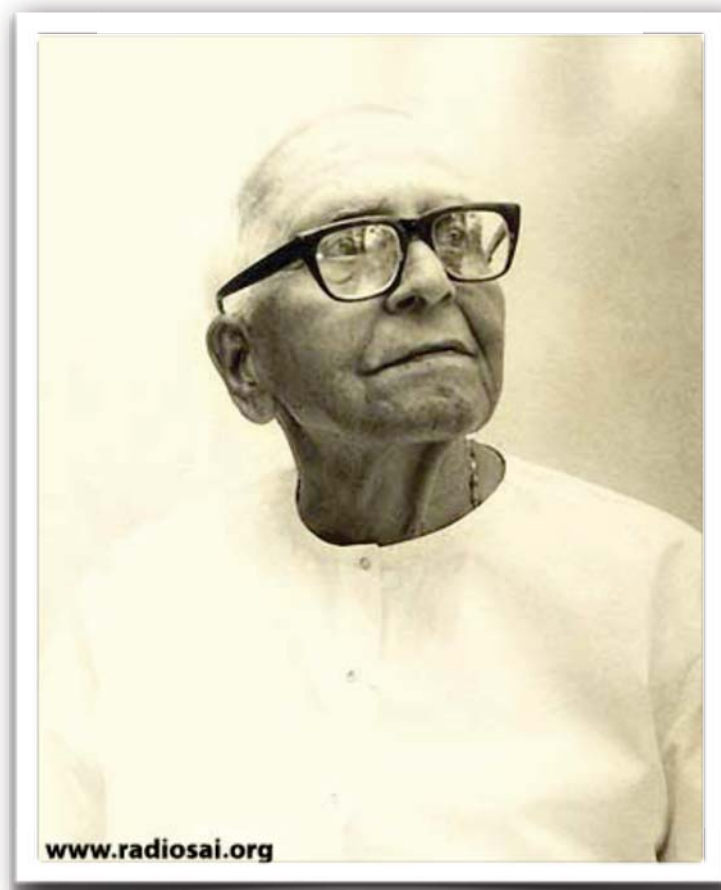
- Sri Sathya Sai Baba

LIVING THE DIVINE PRESENCE

One significant aspect of Guru Purnima is developing a special relationship with one's Guru. In the life of the Kali Yuga Avatar, Professor Kasturi build a unique relationship with our Beloved Bhagawan. According to Professor Anil Kumar, "No one was as close to Swami as Professor Kasturi! His level of communication was different."^[1] The Heart2Heart website hails him as the "Vyasa and Valmiki of the Kali Age ^[1]" The following article written by Professor Kasturi's grandson, Ramesh Kasturi and his wife Ananda Kasturi offers a glimpse into the life of Swami's biographer.

Reflections on Prof. N. Kasturi, venerated Biographer of Bhagawan Sri Sathya Sai Baba

The December 25 is celebrated the world over as Christmas. Prasanthi Nilayam also has its unique way celebrating this festival, and over the decades the number of overseas devotees coming to the divine feet to celebrate this festival has ever been on the rise. But December 25 is special for another reason for the Sai fraternity; for it happens to be the birthday of an eminent, distinguished and most lovable



devotee of Baba – Prof. N. Kasturi. He was much more than a mere biographer of the Avatar or translator of His discourses. Though a Professor and scholar, he was a humble student of this 'school dropout'. Though a good thirty years older than Baba, he was a child to this Divine Mother, a friend in mischief. His life itself is an illustration of a sincere aspirant's journey with Bhagawan. So to revisit the life of this eminent servant of the Lord, and remember him on his birthday, we

^[1] http://media.radiosai.org/journals/Vol_06/01JAN08/03-coverstory.htm

present you an article by late Prof. Kasturi's grandson, Mr. Rameesh Kasturi and his wife, Mrs. Ananda Kasturi.

Bhagawan Sri Sathya Sai Baba who is dearly addressed by millions as 'Swami', was most dear to Prof. N. Kasturi, whose devotion is enshrined in his autobiography, 'Loving God,'.

Swami entered N. Kasturi's heart 63 years ago, while he was serving as Professor of History at Mysore University. A small picture of Baba, which had been acquired but kept hidden till then, suddenly came to be enshrined with a beautiful frame, decorated with fragrant flowers and installed at the centre of the private altar at home. What brought about this momentous change in the life of this much loved Professor and famous author of more than forty books in Kannada language? This moment defined his and wife Rajamma's life; turning it on to a new path, a shared journey towards eternal joy that was saturated with spiritual wisdom, and blessed with living the Divine Presence. But how did all this happen?

People Instrumental In Leading Kasturi to Sai:

Before this moment of joy, Prof. Kasturi and Mrs. Rajamma had lost their nineteen year old second son, Atri, the

darling of their hearts. A dedicated freedom fighter and a devoted soul to his parents, Atri succumbed to typhoid, just nine days after India attained freedom in 1947. Because of this intense sorrow, they gave away all pictures worshipped at their home altar. Gold and silver icons of various gods and goddesses were handed over to a passing monk, with the words, "God has taken away our dear son, therefore God has no place in our hearts or home."

Prof. Kasturi would hold aloft a rosewood pot from which torrents of Vibhuthi would flow, when Swami put His hand inside. Swami performed Vibhuti abhishekam to the Shirdi idol this way

But very soon Bhagawan Sri Sathya Sai Baba would open up and prepare their hearts. It happened when my father, late Mr. T.P. Balachandran, came to study Indian History in Bangalore under the guidance of Prof. Kasturi, as part of preparing for admission into the 'Indian Administrative Services' (IAS). My father was among those chosen few, who were devoted to young Sathya Sai Baba in the early years, and had great faith in Him as the reincarnation of Shirdi Sai Baba. The rosewood vessel from which Bhagawan would later create streams of sacred ash (Vibhuti) and which Prof. Kasturi was blessed to hold



on several occasions, had been brought from Burma by my father`s parents and presented humbly as a gift at the Divine Lotus feet of young Sathya Sai Baba.

Mr. Balachandran, in his youthful zest started sharing his experiences and feelings about the charming Sathya Sai Baba with his teacher. But Prof. Kasturi who was impressed by his brilliant academic outlook, developed a great liking for this young student and wondered about a possibility to have him as a son-in-law. Through Bhagawan`s divine Leela and interference, this would materialize and Prof. Kasturi jokingly mentioned that Swami had created a son-in-law just as

He would create Vibhuti by rotating His divine hand!

Prof. Kasturi was once invited by his young student`s parents to join them in a visit to their guru, Sathya Sai Baba. The day Prof. Kasturi met Sai Baba in Bangalore, he met the Divine in form. Baba spoke to him, consoled him, accepted him and blessed him in this very first meeting to be His future Biographer. Sathya Sai Baba spoke to Prof. Kasturi about many hidden thoughts that were lingering in his mind and burdening the depths of his heart.

The immense joy of this meeting was such that Prof. Kasturi and his wife recovered the hidden picture of Swami, dusted and framed it, and installed it in

the center of the altar, which had been empty for long. This was the moment Swami entered their hearts as Divine light and their lives began anew, filled with the Divine Presence of Bhagawan Sri Sathya Sai Baba.

Later on when they had settled in Prasanthi Nilayam ashram, every morning at dawn Mrs. Rajamma would gather small, fresh flowers from the surrounding bushes and, hand them reverentially to her husband. Prof. Kasturi then would go to Swami's room upstairs in the mandir, and would adorn Baba's feet with the fragrant offerings. In the true Indian Brahmin tradition, Prof. Kasturi and his wife considered themselves as two halves of one life. And their combined worship of Bhagawan's sacred feet on this planet Earth went on for 25 years. She was the silent support of her husband and shared every occasion of Divine revelations with him as soon as he returned from the Divine Presence of Bhagawan.

Living in Puttaparthi, the tiny dot on the 20th century world map, a tucked away hamlet in South-India, softened by the divine footprints of Sathya Sai, Prof. Kasturi moved his pen. Scribbling down and collecting many drops of loving messages from Baba, be it of intimate compassion, or thundering thoughts

delivered to eager but ignorant people. The 'Sathya Sai Speaks' series as well as the 'Vahini' series of Bhagawan's discourses and articles were, for several decades, under Prof. Kasturi's able pen growing (He translated into English, most of these works). Each sentence that he noted, he could go up to Bhagawan Himself and verify.

He unravelled the magnificence of Baba's miracles, defining the Divine and defying the mundane. For example, Baba created a stunning diamond and gave it to a devotee, while pronouncing the inspiring message, "Die-mind," whence only we could receive the marvel of the dimensionless Divine. Prof. Kasturi who was a witness to this incident and revelation, seized the 'Diamond message.'

From Death to Immortality

During one of their early visits, when Prof. Kasturi and Mrs. Rajamma arrived in Puttaparthi, a young family member of Swami had passed away due to a dog bite. Everyone gathered, mourned and cried and Prof. Kasturi too was moved to tears by the painful incident. Swami approached him, but did not show any sign of distress. Prof. Kasturi took a chance and asked Bhagawan, "Why is Swami alone not affected by the feelings of suffering?"

Swami revealed the highest Truth in one simple sentence, which later Prof. Kasturi mentioned as the defining occasion, realizing that Swami is really Bhagawan, truly God. Swami said, "How am I to spend time, if there is no birth and death?!" For Prof. Kasturi, till then, death was a biological inevitability, understood as material or elemental disintegration, nothing but an intellectual explanation. But at this moment the message of Swami was the nectar of immortality, and eternal wisdom poured into his starving heart. The painful memory of the death of his own son Atri was erased at that very instant and Prof. Kasturi and his wife had a conscious glimpse of the true nature of Bhagawan Sri Sathya Sai Baba. Rishis, Saints and holy people of ancient Bharat spent their lives in penance to receive such powerful insights, and here it was granted by the Divine Incarnation Himself. In his last book, "Prasanthi – Pathway to Peace," published by the Sri Sathya Sai Books and Publications Trust, Prof. Kasturi referred to Bhagawan as `It`, the Divine entity incarnated in a most charming form, but is actually formless and nameless.

'Go and Dance!'

Swami revealing His divinity to the people around, made Prof. Kasturi busy

with his pen, his own soul dipping into the Divine. Prof. Kasturi drank the nectar Divine in Baba's presence and shared the sweetness with thousands of devotees through his writings and narrations. Every time he was invited to speak to a group of people about Bhagawan, Swami told him, chuckling, "Go and dance." The listeners would sway to the happy explanations of the divine stories of Baba. 'Srimad Bhagavatam,' an epic of yore, revered and enjoyed by millions of devotees in India, had the power to console and conquer the cycle of life. Prof. Kasturi wrote a 'Sai Bhagavatam,' a poem of the same effect, describing the joy of his living in the Divine Presence. This poem he translated into seven languages and recited several hundred times. During many performances, Prof. Kasturi was accompanied by his first son Murthy, who was an ardent devotee and had spread Bhagawan's message in the North-Eastern part of India during the 1960-70s.

Like any other true Indian couple, Prof. Kasturi and his wife, considered themselves as two halves of the same whole, and they lived and shared the joy of Divine company thus Prof. Kasturi represented three linguistic regions of southern India and was prolific and humorous in his writings. Entertaining

and guiding subtly in an India under British rule, he canvassed for a free India in his own unique style as teacher, lecturer and guide to his students. He used his wit and wisdom to keep the heart of Bharat throbbing to the songs of godly grandeur by, for example, staging educative dramas with his students in villages around Mysore. Human values were naturally imbibed by the simple village folks, and his linguistic marvels were widely appreciated.

Poorna Means Fullness:

Prof. Kasturi was born 25 December 1897 as Narayana Kasturiranganathan Sharma in Tripunithura, Kerala. His parents offered the little baby in front of a sacred deity, called Poorna-thresa, the full incarnation of the three deities Brahma, Vishnu and Maheshwara. His family hailed from Tamil Nadu, belonging to the well versed, sanskritised culture of ancient Bharat. Prof. Kasturi would later settle in Karnataka and finally reach Puttaparthi in Andhra Pradesh, safely ensconced at the Lotus feet of the Poorna-avatar, the full Incarnation of the above mentioned Godheads. On the way, he dropped his long name, to be known worldwide as Prof. N. Kasturi, a name that carries the beautiful, spiritual meaning of, 'The

sacred musk dot adoring the forehead of Lord Vishnu.'

Prof. Kasturi was drawn to Baba by His magnetic power and divine love. Like a bee to the flower, or an ant to the sweetness of a sugar cube. He found his heart singing the glory of Baba, carrying the song to many people across the country. Prof. Kasturi travelled far and wide all over India to spread the message of his loving God and also became the willing pen in the hands of his beloved Bhagawan, transcribing tirelessly Swami's discourses, articles and Divine revelations. Till the end of his life, Prof. Kasturi was busy picking up the gems from his Master's words. And through the 'Sanathana Sarathi,' the monthly magazine of the Prasanthi Nilayam ashram, of which he was the editor, he would share these treasures with all.

*(Complete Article Available on Heart t
Heart Website: [LIVING THE DIVINE
PRESENCE](#) Courtesy of Radiosai)*

REFLECTIONS FROM SSE

Is there a place for human values in today's market economy?

by Sai Vemula, SSE Group 4, Edmonton Sai Centre

Market Economy and Market Society – What is the difference? Which is better? What may be a possible middle ground? How can COD, 3HV and 5 HV be applied to create a balance in Market Economy or Market Society? Swami says there are certain fundamental things that should not become a market commodity. What are they and why? How do these things work in a Market Society vs. a Market Economy?

One of the primary aims of Group 4 is to discuss how Swami's ideas can be implemented in society, and all the influences society has on our ability to do so. The topic of market society and market economy is an extension of the discussions in the SSE Group 4 class. It really stems from expanding the basic

values of Ceiling on Desires, and the prominence of morality.

“Markets—and Market values—have come to govern our lives as never before.”

This is a thought of Michael Sandels, a Harvard political philosopher who sparked a discussion about our society in his book *What Money Can't Buy: The Moral Limits of Markets*, which was published in April 2013. The book has gained praise among many academic journals, as well as the general public. Since then, Sandels has also appeared in various interviews and talk programs to deliberate on the insights of his book.

There are two systems that we are inevitably part of, the market economy and the market society. It is not only important to know what these are, but also how we can find a middle ground and hold on to what it means to be human.

The market economy refers to an efficient way of managing our goods and services – this was defined by economists like Adam Smith who came up with the invisible hand theory way back in the 1700s. The market economy

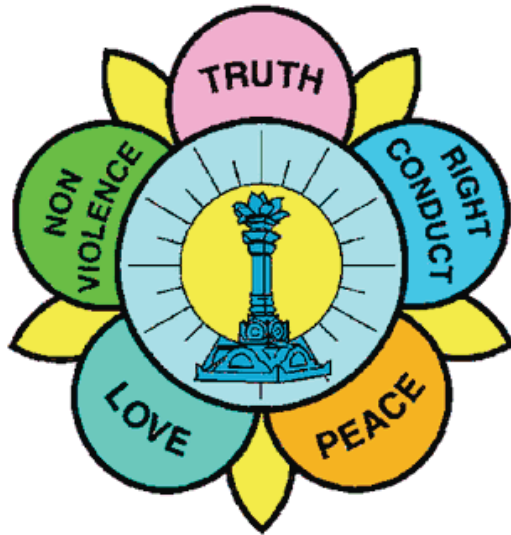
caters to privatisation, and advocates for freedom in the economy. Low taxes, subsidies to the biggest corporations, making profits of supply and demand cycles...there is an inherent disparity between the rich, who are free to gain all they would like, and the poor, who must work constantly to support themselves. Sandels defines market society as one that allows the economy to bleed into our social commodities. The social commodities are things we traditionally DIDN'T monetise, like healthcare, education, and environmental protection, now have a price tag on them. Our society is becoming a state in which requires the spending of more money to get quality services, the services that our whole society and the future generations could not survive without.

There are two reasons why a market society is detrimental to the way we define our lives – inequality and corruption. We can't argue that people, in their instinctive state, would be more willing to support equality rather than the disparity created by exploitation. This is why Swami has hope, why He has tried so hard to make the world better, because He knows that we are the ones creating an enormous economic divide, and we are the ones who can fix it by carrying out his legacy.

On a global scale, United States of America holds more than 25% of the world wealth, which is more than 5 times greater than any other single country. A report by the United Nations says that the richest 1% of the world owns more than 40% of the world's wealth.

It is true that market theory has helped so many countries out of debt by providing a structured system, but in our world today we are putting value on the well-being of our planet by selling carbon emissions caps. We are putting value on health care by having competing hospitals and doctors who have to push their humanity aside because a patient does not have the money. Yes, these things cost money, but why is it up to the individual to absolutely cripple their life's earnings for this?

Corruption is also a characteristic of having a developed market society. Not just corruption of politicians and leaders and the usage of public funds, but the corruption of morals. When we decide that certain things can be sold and bought, not only do we give them a price, but also an attitude that is poisonous. We start to treat service as a commodity. Something that can be used for profit. Swami makes it very clear that there should be a line between seva and



the services we sell. There is a difference between a profession and helping the people around you; we must never forget that seva is indeed selfless, and that everything we do is for the light inside every child, elder, brother and sister in the whole world.

Swami explains the danger of market society this way: “Man has become so selfish that he does not care for others, or anything other than his own welfare . . . One who constantly thinks of his own body, his own family, his own wealth and his own comfort is truly a selfish man. The only way to cleanse such a hard-hearted man is through service to humanity.”

3Hs, head, heart, hand; 5 HV, love, peace, non-violence, right-conduct, truth; COD , ceiling on desires – Swami’s teachings are His most important gifts to our humanity and its entire future.

These three concepts are simple, yet profound concepts that will help us achieve a middle ground and teach us what is actually important in our society.

Ceiling on desires is probably the easiest to implement to a market society and market economy to create a middle ground. But optimising our essential needs and desired wants, we can really change the way we look at profit, and when this is done on a mass scale, we can see the same effect. In order to curb market society, we need to make sure that COD isn’t just a practice of some people; this needs to be extended to the majority of the citizens. Ceiling on desires can really change the perceptions of people. We are not merely consumer brothers and sisters, we are human beings with God within each one of us.

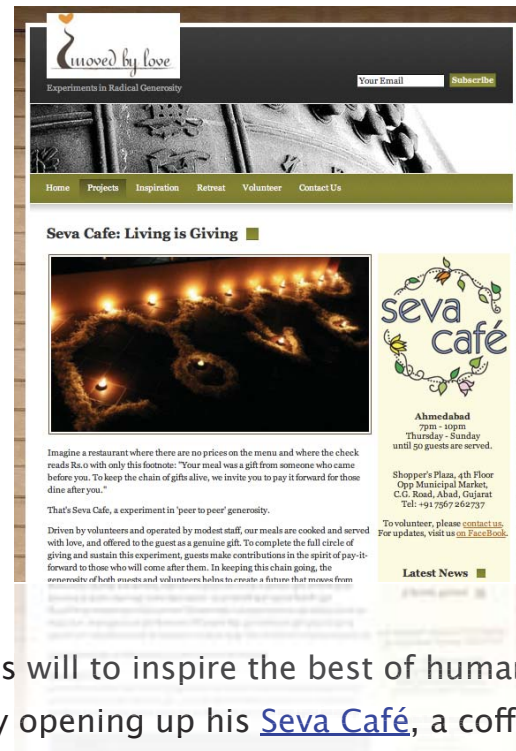
As Swami has already ingrained it inside of us, the 5 Human Values are the foundation of that one God. One of the most disturbing things I came across while participating at a United Nations student conference was the use of private military contractors. Yes, Swami always advocates for absolute peace, and his vision of brotherhood and sisterhood should materialise in the 3HV of every single person on the planet. But unfortunately, we have war, and force is a method used by parties to achieve

their goals. Where it gets really frightening is when a government doesn't send soldiers, who have enlisted to protect the security and values of a nation, but instead hires private companies to carry out surveillance and even assassinate others. This is a blatant rip in our beliefs. National defense shouldn't be a commodity, it's really a last resort. Instead we are treating it like any other service. Such a sacred necessity like peace and non-violence now has a monetary value. We should work toward dissolving this viewpoint, as should every single government.

Here is another quote of Swami's which ties it all together: "The unity of the three H's is essential. 'Heart, Head and Hand.' But today this unity is absent among people, with the result that men are becoming inhuman."

This means that our cause to retain our morals in a market society must be united with the actions we do. 3HV is the practice that brings human values, COD and SAI altogether; it is what allows it to work. We cannot have Service without Hands. We cannot have Adoration without Heart. We cannot have Illumination without Head. We cannot have unity and change without Head, Heart and Hand.

Here's a look at a very impressive paragon, Siddarth Sthalekar, who took



his will to inspire the best of humanity by opening up his [Seva Café](#), a coffee shop in Mumbai that is run entirely without consumerism. His currency? Love and seva. Here, patrons aren't charged for the food they're served, instead they are free to pay whatever they want. Or, they can walk out without paying a single penny. It is an ENTIRE enterprise just run by volunteers. This is the gift-economy, an economic system that is the ultimate transformation of our market society. We have here, the proof that customers have kept the café running by paying up even when they could have got away without it. Sthalekar found that there are enough people not governed by greed—something he had set out to test in the first place. Seva Café provides a space for people to practice generosity by

recognising the selfless giving of the volunteers. “When there will be enough generosity in the world, there would be no need for the café,” he says.

The power of one individual is inspiring and we see it time and time again. Their ability to take a pure ideal and somehow make it accessible to each one of us is humbling and monumental to our own perception of society. It allows us to re-evaluate what is truly important to us. Of course, Sthalekar showed this through his project, but the prime example is Swami himself. They recognise the most important concept of all in relation to this topic: Ideas and efforts do not cost any money. When they pertain to the betterment of society, ideas are truly invaluable.

I’d like to ask again: what can we do to prevent an overwhelming market society? I hope this discussion has showed you that the answers have always and always will be within us, everywhere we go. There is no one else to solve the problems. We are the economists, the philosophers, the consumers, the entrepreneurs that can change this. Because Swami is there, and He is in our heads, and He is in our hearts, and He is the one that makes us human and He is the one that makes us God.

My Commitment to Sai

by Athira RajendraPrabha,
SSE Group 4, Edmonton Sai
Centre

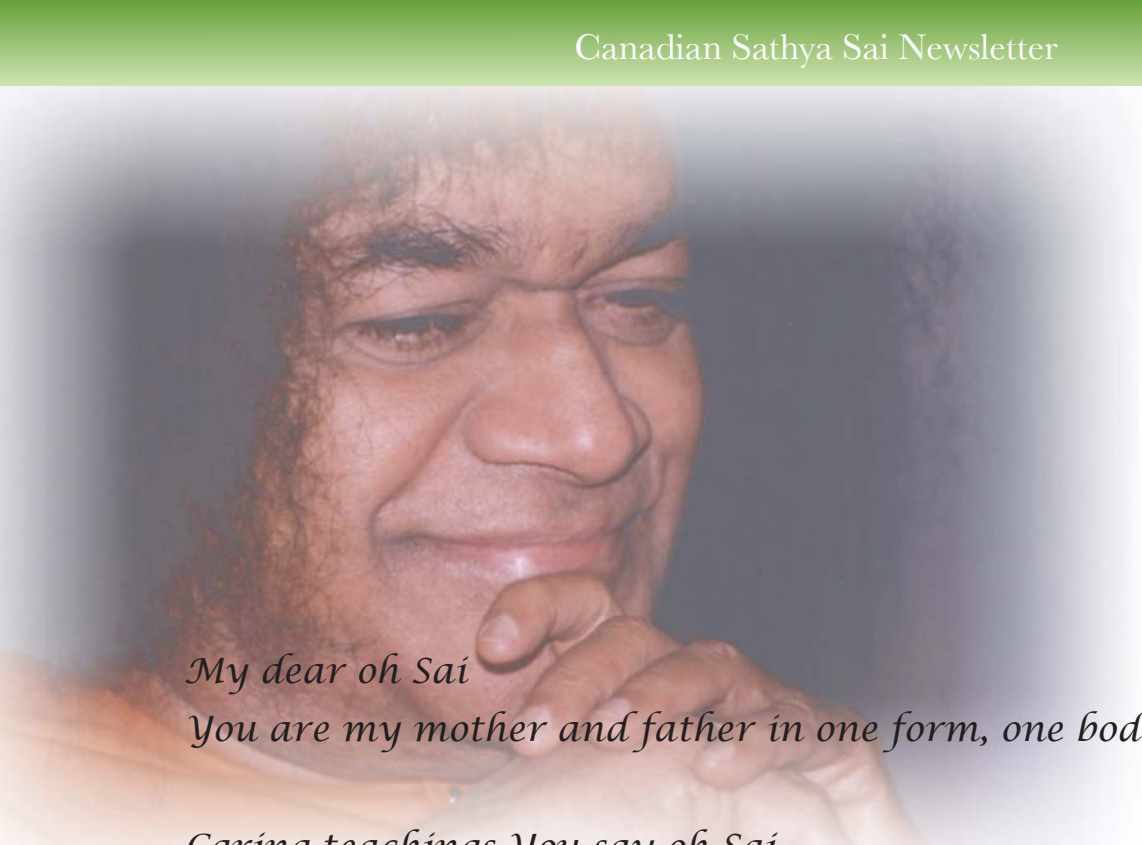
My humble pranams at the lotus feet
of our beloved Baba

I am committed, with Your blessing,
to become a better person by practising
the 5 human values which I came to
know after joining Your SSE classes.

My dear oh, Sai You always have been
there for me. You have given me hope
through times of distress. The only wish
I have is to have your blessings with me
at all times. Guide me through the right
path. You have blessed me in every
situation like my mother and father. Oh
dear Sai even though I couldn't see you
in physical form, you are always in my
heart. Dear Sai Baba, You have guided
me through the right path and showed
me the good and bad through your
teachings. The day I joined the SSE class
I was transformed to become a better
person through the 5 Human values. To
this day, I make this commitment with
this poem to be a better person to make
this life better for others. As your
sayings " Though my heart is soft as

butter, it melts only when there is some
warmth in your prayer. " Dear beloved
Baba bless our heart and soul to pray to
you with warmth and be there for us
always.

*(The Poem appears in the following
page)*



My dear oh Sai

You are my mother and father in one form, one body, oh Sai

Caring teachings You say oh Sai

Omnipotent, omnipresent, and omniscient You are oh Sai

My mind always revolves around You oh, Sai

My mind always be and will be for You, my dear oh Sai

Intertwining me in Your quotes and teachings oh Sai

Telling me how my actions affect mental and physical health oh Sai

Mending my mind You are always oh Sai

Eyes of Yours watching over me always oh Sai

Nurturing me in every way You could think of oh Sai

Turning my back on the negative energy oh Sai

Today my commitment to You Sai is being

Obedient, caring, simple and service

You are formless, eternal, immortal and divine

Oh Sai I would like to wind up my poem with a quote of Yours

Unity is divinity; Purity is enlightenment.

by Athira Rajendraprabha,

SSE Group 4,

Edmonton Sai Centre

SAI FAMILY NEWS

Breaking the Silence on Autism by Scarborough Sai Centre Youth Girls on Sunday, January 27th, 2013.

Autism and Autism Spectrum Disorders (ASD) are neurological disorders that affect a child's ability to communicate and socially interact with others. Symptoms and their severity vary from person to person and can be present from birth. These are pervasive, life-long disorders that can become very stressful and difficult to manage, especially if a child's symptoms are not given immediate attention.

Within our SSE environment itself, we saw several cases in which Gurus had identified children that were potentially affected by autism but their parents denied it and did not want to face the possibility. Although the Gurus did what they could to get the child professional help, they were met with resistance from fearful parents who did not want to



believe that their child could be affected by such a disorder. These were merely only some of the many cases the youth were familiar with where children were not getting the help they needed, which was greatly affecting their quality of life.

The Youth Girls recognized this situation, as well as the general South Asian community's fear of and resistance to speaking openly about the topic and an overwhelming sense of denial among parents of children with

ASD. The Girls were also aware of the need to recognize the struggles that



children with ASD face every day and how much it can affect their daily functioning. As a result, the Youth Girls organized these Autism Awareness Seminars to bring awareness to all parents in order to help everyone understand not only the effects of the disorder, but also the importance of speaking openly and getting help as soon as possible.

The girls promoted the idea that Autism should not be feared but inquired about, regardless of whether you are personally affected by it or not. Two main presenters, Aunties Usha Uthayan and Anusha Gurunathan, kindly offered their time, knowledge, and resources towards these seminars. These aunties have worked closely with children with ASD, in both personal and

educational environments, as well as organizations geared towards helping those affected by the disorder. As such, they had the knowledge, expertise, and direct experience that the Girls were looking for in their presenters.

These presentations provided parents with not only information on what Autism and Autism Spectrum Disorders are, but also the way it affects children and examples of how children with autism feel in everyday situations. They also provided various resources and organizations where parents could go to get more information and support as well as an open forum to discuss the disorder.

The parents that attended these seminars kindly expressed their gratitude for the seminars. Several mentioned that they learned things that they did not know before and were happy to have been able to informed of more resources where they could learn about ASD and get help. Overall, it turned out to be a very successful event, with parents leaving more informed and aware than when they came in.

Presenters: 1st session – Usha Uthayan; 2nd and 3rd sessions – Anusha Gurunathan. **Participants:** Altogether 30 parents. **Lead Organizers:** Sobana Thiruvarudchelvam, Trishna Swaminathan

Feel the Pain, Fill the Plate

by Toronto York Sai Centre
for Bhagavan's 87th
Birthday, 2012.

As part of Bhagavan's 87th Birthday celebrations, the Centre members of Sri Sathya Sai Baba Centre of Toronto, York participated in a food drive initiative to collect non-perishable food items for the Daily Bread Food Bank in Toronto.

It's a sad fact that many families cannot afford to buy food and are going hungry even in an affluent country like Canada. They are forced to turn to food banks which, in turn face a continuous shortage of food donations. Every month, close to 900,000 Canadians

make use of food banks and 38% of those helped are children and youth.

Who are those turning to food banks? You'd be surprised that there is no single typical profile. Those helped are families with children, employed people whose wages are insufficient to cover basic living essentials, those on social assistance or living on a fixed income. These are people having to decide whether to pay rent or whether to eat; many families have to send their children to school without any breakfast.

The ceiling on desire initiative, "Feel the Pain, Fill the Plate" aimed to make us understand what it means to go without food and to experience the effects of hunger first hand. Centre members, young and old, pledged their support by signing up and sacrificing meals or snacks. Other suggestions were to refrain from grocery shopping for one



week or to choose to make meals from food items regularly donated to food banks. Non-perishable vegetarian food

to Swami's 87th Birthday. Participants were able to have first-hand experience of hunger and be appreciative of the need to practice a ceiling on desires and donate to food bank throughout the year.



items were purchased from the savings generated and members ensured that the items selected were ones they would themselves enjoy eating.

Over 75 families' participated and around 1000lbs of food was collected over the period of two weeks leading up

"The rich must sacrifice their wants in order for the poor to secure their needs" –Baba

Commemorative Postage Stamp of Bhagawan

News from Prashanthi

A commemorative postage stamp of our dear Bhagawan will be released on His birth anniversary this year. Please see below, the letter from Prashanthi council chairman, Dr. Reddy and an advertisement in the "New Indian Express"

Letter from Dr Narendranath Reddy
Chairman, Prashanthi Council.

Dear Brothers and Sisters,
Om Sri Sai Ram.

THE NEW
INDIAN EXPRESS

By Express News Service - HYDERABAD / 04th June 2013 08:50 AM

India Post will release a commemorative postage stamp in honour of Satya Sai Baba of Puttaparthi on His birth anniversary this year.

In a press release here on Monday, Union minister of state for communications and information technology Killi Kruparani said Satya Sai Baba was an inspiration to people of all faiths. "As a preacher of the highest human values, Satya Sai was an iconic figure for over five decades inspiring millions to lead a moral and meaningful life. His teachings were rooted in the universal ideals of truth, righteous conduct, peace, love and non-violence."

She said Satya Sai endeared himself to the people through various institutions which have their headquarters at Prashanti Nilayam in Andhra Pradesh and promoted moral values, education and public health.

Keeping in view his noble services to the humanity and particularly for the welfare of the people of Andhra Pradesh, the decision was taken to release a commemorative postage stamp on him, she said.

Hope you are doing well by Swami's Grace. Swami's glory is unfathomable and His leelas (divine sport) are infinite. I am happy to note that the Government of India is expressing gratitude to Bhagawan Sri Sathya Sai Baba for His magnanimous humanitarian service projects and for inspiring millions to lead a life based on five human values. As a token of love the government of India is releasing a commemorative postage stamp in honour of our Lord Bhagawan Sri Sathya Sai Baba on His birthday this year.

As devotees we feel happy when His glory is sung or acknowledged. I request you to share this news with the Sathya Sai centers and devotees. May His glory be sung in all languages in all the worlds. May He shower His grace on all of us so that we realize the true nature of SAI BABA by Seeing Always Inside that leads to Being, Awareness, Bliss Atma (Sat Chit Ananda).

Jai Sai Ram.

With lovng regards

Dr Narendranath Reddy

Chairman, Prashanthi Council.

GUIDELINES FOR CONTRIBUTORS

The objective of this Newsletter is to encourage Sai devotees and their families to understand Bhagavan Sri Sathya Sai Baba's teachings and His emphasis on transformation. Through your participation, we can share in the process of putting His teachings into practice and realise not only our inner divinity, but the divinity in our fellow beings and the Oneness of all.

Thus, we become Swami's instruments in living the message of Truth, Righteousness, Peace, Love and Non-violence where ever we are. Articles may include, personal experiences, reports on Sai retreats, workshops, special events such as guest speakers, book reviews, service activities, children's stories and most importantly, stories of transformation. Devotees skilled in art work, photography and graphic design may also contribute. Cartoons are an excellent way of delivering Swami's message visually.

General guidelines: Please communicate by e-mail your own story ideas, or thoughts about what would make this Digital newsletter more interesting for you and all our Sai Brothers and Sisters everywhere. Articles should not exceed 2-1/2 typewritten pages or 900 words. Please include your name, age (for children), gender, email address, phone # and references for all quotes. An MS Word file, emailed to the editor, is preferred. Send relevant high resolution pictures in jpeg format. EDITOR RESERVES THE RIGHT TO SELECT & EDIT THE MATERIAL FOR PUBLICATION.

**Deadline for Birthday Issue
October 31, 2013**